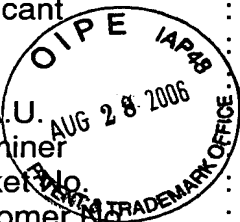


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**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE BOARD OF PATENT APPEALS AND INTERFERENCES**

Application No. : 09/319,243 Confirmation No.: 2663
Applicant : Ping Liong Tjoa
Filed : June 7, 1999
Title : Training Apparatus
TC/A.U. : 3764
Examiner : L. Hamilton
Docket No. : TJOA3001/FJD
Customer No. : 23364



BRIEF ON APPEAL TRANSMITTAL

Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Sir:


Transmitted herewith is a Brief on Appeal in the above-identified application.

1. ☐ An Oral Hearing is requested.
2. ☐ An Oral Hearing is requested on _____.
3. ☐ An extension of time for filing the Brief on Appeal
 ☐ is hereby requested.
 ☐ was requested on _____.
4. The fee is calculated as follows:

Filing Brief on Appeal	\$	(large)	\$	(small)
Request for Oral Hearing	\$		\$	
Request for an _____ Extension of Time	\$		\$	
5. ☒ **No fee required. A fee is not required as a fee was paid with the Brief filed on March 31, 2003.**
6. ☐ A check in the amount of \$_____ is enclosed.
7. ☐ Please charge Deposit Acct. No. 02-0200 in the amount of \$_____.
8. ☒ The Commissioner is hereby authorized to charge underpayment of any fees during the pendency of this application or credit any overpayment to Deposit Account No. 02-0200.

Date: August 28, 2006

Respectfully submitted,


Felix J. D'Ambrosio
Reg. No. 25,721

Customer No. 23364
BACON & THOMAS, PLLC
625 Slaters Lane, 4th Floor
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PATENT

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE BOARD OF APPEALS AND INTERFERENCES**

Application No.	:	09/319,243	Confirmation No.:	2663
Applicant	:	Ping Liong Tjoa		
Filed	:	June 7, 1999		
Title	:	Training Apparatus		
TC/A.U.	:	3764		
Examiner	:	L. Hamilton		
Docket No.	:	TJOA3001/FJD		
Customer No.	:	23364		

BRIEF ON APPEAL

Commissioner for Patents
P.O. Box 1450
Alexandria, VA. 22202-3514

Sir:

INTRODUCTORY COMMENTS

Pursuant to the provisions of 37 CFR 41.37, submitted herewith is Applicant/Appellant's Brief on Appeal. A fee is not required as a fee was paid with the Brief filed on March 31, 2003.

Any additional fees necessary for this appeal may be charged to the undersigned's Deposit Account No. 02-0200.

REAL PARTY IN INTEREST

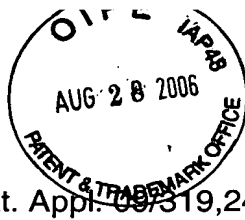
(37 CFR 41.37(c)(1)(I))

The real party in interest is Applicant/Appellant, Mr. Ping Liong Tjoa.

RELATED APPEALS AND INTERFERENCES

(37 CFR 41.37(c)(1)(ii))

An earlier appeal was filed on March 31, 2003. The application was remanded by The Board of Appeals back to the examiner.



U.S. Pat. Appl. 09/319,243

STATUS OF CLAIMS

(37 CFR 41.37(c)(1)(iii))

Claims 12 and 14-23 are pending in this application.

Claims 12 and 14-23 have been finally rejected.

STATUS OF AMENDMENTS

(37 CFR 41.37(c)(1)(iv))

A Request for Reconsideration was filed after issuance of the Office Action of February 27, 2006.

An Advisory Action was issued on May 24, 2006, followed by the filing of a Notice of Appeal on June 27, 2006.

SUMMARY OF CLAIMED SUBJECT MATTER

(37 CFR 41.37 (c)(1)(v))

(References are to page and line of the specification)

The invention disclosed and claimed in this application relates to a training apparatus (page 1, line 3) which has an intermediate element formed as a rod and identical end elements (page 3, lines 9 and 10). Each end element has a spherical form with a nondiscontinuous spherical surface remote from the intermediate element, a turning region and a conversely concave region on its side toward the intermediate element (page 3, lines 21-29).

The dimensions of the training apparatus will depend on whether the user is an adult or a child. For the total length of the training apparatus is approximately in the range of the length of the shoulder span of the person using it (page 4, lines 1-13).

The spherical end elements fit the palms of the users hand (page 4, line 30).

Because of the spherical shape and the rotational symmetry of the intermediate element, the meridians known from traditional Chinese medicine are on the one hand activated via the palms and on the other hand, given technically correct use, optimal posture and flexibility in the shoulder and chest region are promoted (page 4, line 33 to page 5, lines 1-4).

GROUND OF REJECTION TO BE REVIEWED ON APPEAL

(37 CFR 41.37(c)(1)(vi))

Claims 12 and 19-21 are rejected as anticipated under 35 USC 102(b) by Bosko;
Claim 17 rejected as unpatentable under 35 USC 103(a) over Bosko in view of Coallier; and

Claims 18 - 21 are rejected as unpatentable under 35 USC 103(a) over Bosko in view of Jackson.

ARGUMENTS

(37 CFR 41.37(c)(1)(vii))

(1)

In the rejection based upon 35 USC 102(b), the examiner refers us to col. 5, lines 40 - 45 and quotes Bosko as stating that "Short or long bars can be used," but the "short or long bars " are "used to change from dumbbells to barbells." Most people know that a dumbbell is usually engaged by a single hand, and a barbell by both hands of the user. Certainly, the dumbbell would not be "approximately in the range of the length of the shoulder span of the person using it," as recited in the claims. The barbell might have the extent noted, but it would be too massive for the user to ever consider placing the spheres in the palms of their hands. Consider also, line 43 and 44 of col. 5, wherein Bosko states that "hollow steel balls can be used," and that these spheres can each hold "10 gallons of liquid which would give a weight of 160 lbs." A weight of 160 lbs would be difficult for most men to handle and certainly most women could not

handle it. Moreover, to expect the user to use this weight by engagement with the palms of one's hands is simply attempting to stretch the teaching of Bosko way beyond any reasonable interpretation.

The examiner suggests that all that matters is that "Applicant has apparatus claims" and not "method claims." That is true, but the distinctions noted assist in defining structure and not method. When one considers the recitation in claim 12 that the end element has a spherical region "adapted to the palm of the hand of a training person," one can only conclude that this recitation relates to structure not method.

It is clear that the examiner has taken the position that a bar with end elements can never be patented over a dumbbell or barbell because a dumbbell or barbell has a bar and end elements. If this logic is accepted, then an internal composition engine, for example, with a newly shaped cylinder head cannot be patented because engines with cylinder heads are known. If this is the approach we should be taking then very little can be patented.

(2)

The examiner states that "The prior art of record possess the capability of being utilized in any manner that the user desires." And what user would desire to use a dumbbell or barbell that weights 160 lbs between the palms of their hands such that the dumbbell or barbell is supported only by the palms of the user's hands? It is inconceivable.

Examinations must employ reality and conclusions reached as a result of the examination must not be exaggeration.

(3)

The examiner also states "This range is very broad, since the palm of the hand of a person using it may be on any size and shape," referring to the claimed limitation

that the diameter of the end element is "adapted to the palm of the hand of the person using it." It is respectfully submitted that this range is not very broad. The limitation recited in the claims is to be related to the diameter of the element not to the hand of the user. People do indeed have different sized palms, but the difference can in no way equate to the different size dumbbells or barbells that exist in the public domain.

The examiner cites MPEP 2131.03. This section of the MPEP also states that "sufficient specificity to constitute an anticipation under the statute [35 USC 102) " is necessary. We see no "sufficient specificity" in Bosko.

The limitations which relate the structure of the training apparatus in terms of size and location should not be ignored or dismissed out of hand.

(4)

Regarding the rejections under 35 USC 103 and the declarations (copies of which are being submitted with the Evidence Appendix) filed by applicant, the examiner states that the declarations were taken into consideration. Applicant was not told in the Office Action of February 27, 2006, what effect these declarations had or why they were not effective. In the Advisory Action of May 24, 2006, the examiner states that they were found "... not to be of assistance in distinguishing the present invention over the Bosko [sic]. The apparatus claim limitations of the present invention are disclosed in Bosko. The applicant did not claim a method of massaging as discussed in the declarations." Moreover, the examiner reference has to be to the rejection under 35 USC 102 and the declarations are offered against the rejections under 35 USC 103.

In an ex parte proceeding, the weight of opinion in a 132 declaration must be given its due consideration. To state that they were considered but were dismissed because the "[t]he apparatus claim limitations . . . are disclosed by Bosko is not enough, and has little meaning with respect to a 103 rejection. The declarations are from

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professionals that have used the training apparatus and seen the positive results achieved. They certainly show commercial success, and that is one reason they were offered. If the examiner does not agree, then applicant is entitled to know why.

CONCLUSION

In view of the above, it is respectfully submitted that claims 12 and 14-23 should be allowed over the references of record and those applied.

Respectfully submitted
BACON & THOMAS, PLLC



Felix J. D'Ambrosio
Reg. No. 25,721

Date: August 28, 2006

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Fax: (703) 683-1080

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APPENDIX OF CLAIMS
(37 CFR 41.37 (c)(1)(viii))

Claims 1 - 11 (Canceled)

12. A training apparatus for massaging the palms and for promoting body bearing and motion, comprising:

an intermediate element formed as a rod; and

identical end elements, each situated at a respective end of said intermediate element,

wherein each end element has a spherical region, the diameter of which is adapted to the palm of the hand of a training person with a nondiscontinuous spherical surface remote from said intermediate element, a turning region and a conversely concave region on its side toward said intermediate element, said turning region making a steady transition into said conversely concave region, wherein said conversely concave region making a steady transition to said intermediate element, and wherein the total length of the training apparatus between and including said spherical regions is approximately in the range of the length of the shoulder span of the person using it.

Claim 13 (Cancelled).

14. The training apparatus according to claim 12, wherein the radius of said conversely concave region is approximately equal to the radius of said non-discontinuous spherical surface.

15. The training apparatus according to claim 12, wherein said conversely concave region and said turning region form a smaller minimum diameter than the equivalent of the maximum diameter of said intermediate element.

16. The training apparatus according to claim 15, wherein said intermediate element is cylindrical over a substantial portion of its length.

17. The training apparatus according to claim 12, wherein the radius of said spherical surface is in a range of between 30mm and 75mm.

18. The training apparatus according to claim 12, wherein the minimum diameter of said conversely concave region and said turning region is in a range of between 17mm and 25 mm.

19. The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in a range of between 200mm and 560mm.

20. The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in the range of between 600mm to 2000mm.

21. The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in the range of between 600mm and 1200mm.

22. The training apparatus according to claim 12, wherein the training apparatus is molded in one piece.

23. The training apparatus according to claim 12, wherein the training apparatus is made of one of: wood, plastic, metal and stone.

EVIDENCE APPENDIX

Submitted herewith are copies of the declarations of Karl-Michael Reinauer and Barbara Michalski filed pursuant to 37 CFR 1.132. Also submitted are copies of the documentary evidence filed with the Brief on Appeal.

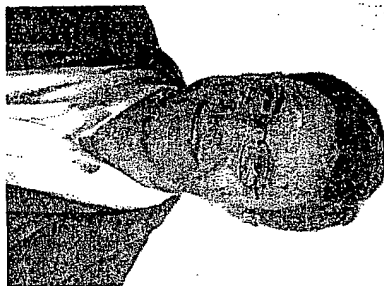
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"IDOGO has changed many things at our clinic"

②

"We have observed the following in our patients:

- improved mobility
- increased co-ordination
- enhanced posture
- increased respiratory capacity and stamina
- strength building
- improved balance
- easier relaxation
- increased vitality
- less danger of injury due to co-ordinated arm movements



"I would not like to miss the IDOGO application any more"

Head physician Dr. med.
Karl-Michael Reinauer,
Geriatric Rehabilitation
Clinic Kreiskrankenhaus
Böblingen

Versatile application in prevention and therapy.

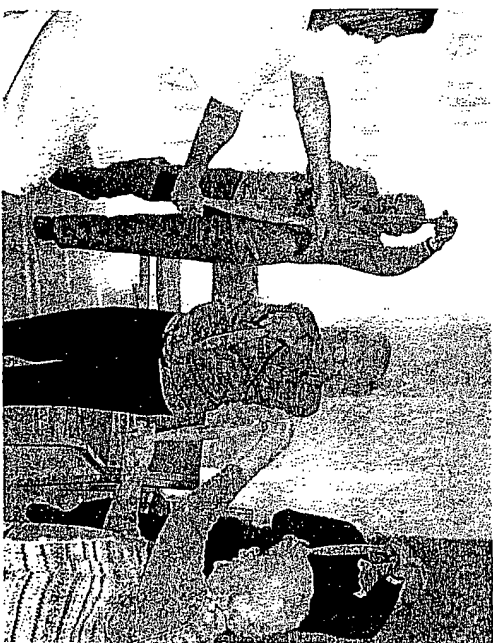
be stretched and spasms relieved. That leads to improves movement flows. We also find that patients have reduced blood pressure because of their increased well being. I would not like to miss the IDOGO application anymore"

Scientifically proven:

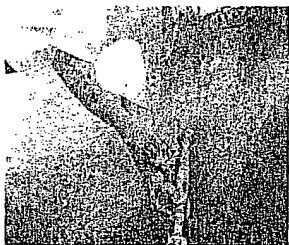
- 14% Vital capacity increase
 - significant balance improvement
- established by the "Institut für Sport- und Präventivmedizin" and the "Olympiastützpunkt Stuttgart".

①

"Our therapists are keenly interested in teaching their patients the right movements. This has positive influence on their disposition and motivation. IDOGO can be applied to most clinical patterns with differing severity's. The IDOGO exercises can be performed lying down in bed, sitting on a chair, standing up or even walking with arm movements. The patients can adapt the intensity depending on their ability and pain levels IDOGO is especially suited to partially paralysed stroke patients as it trains co-ordination, symmetric posture and improves balance. Patients with Parkinson Syndrome can improve balance and control of movement. After surgery, e.g. in the shoulder area, shortened muscles and nerve structures can



The word IDOGO - "I DO GO" means
 "I can make it" or
 "I can do more"



The name IDOGO is both programme and philosophy. The IDOGO Pole and the IDOGO training system were developed by Ping Liang Tjoa, who manages several Tai Chi training centres in southern Germany. The research objective of this development was to make it easier to realize the positive influence of traditional Tai Chi Chuan on body and psyche.



The primary goal was to shorten the lengthy learning process required to master these asian techniques, and to quickly take advantage of the positive impact on health and well being. Ten years of research with uncouncted experiments in form and size of the pole created several model variations.



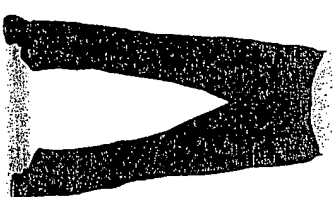
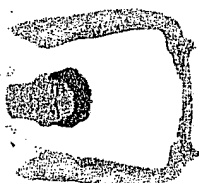
Easy to use - only a few minutes
 a day - comprehensive
 applications - effective

IDOGO is an easy to learn training system for all age groups. The **easy movements** with the IDOGO Pole combine the millennial experience of oriental medicine with modern western training methods. Only a **few minutes practice** a day will **increase your physical and mental well being**. After a **short time** you will experience a **noticeable increase in performance, resilience and stamina**.

IDOGO optimizes your posture, gently coordinates movement, **eases tension and encourages soft flowing movement**. Your respiratory capacity and intensity will increase noticeably. The **positive influence on body and psyche** are the result of a self supporting relaxed posture. This economic principle provides the organism with **more energy**, enables maximum oxygen intake and gently influences metabolism.

At home, in the office or travelling - the exercises can be performed **anywhere at any time**. There is no preparation, no exercise room, no special clothing. You can use the IDOGO Pole **standing up, sitting down, or even lying down**. This is a major advantage for the physically challenged. Physiotherapists utilize this effect to optimize their therapy with orthopaedic and surgery patients.

There are **no limits to IDOGO's versatility**. Either as an independent exercises or integrated with other training systems - you decide. Existing exercise flows from physiotherapy to sport, fitness or dancing, jogging or walking, or other methods like relaxation or massage - they all can take easy advantage of the IDOGO Pole.



There are unlimited applications for the IDOGO Pole

Gymnastics

- at home, in the office, travelling

Sport

- jogging and walking, fitness-, power- endurance training, loosening exercises and stretching

Eastern and Western "Motion Arts"

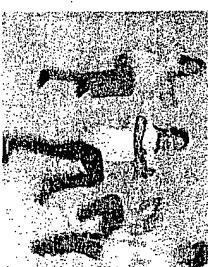
- Qi Gong, Tai Chi, Yoga, Kung Fu, relaxation, meditation, aerobics, dancing, ballet

Therapy

- prophylactic physiotherapy, physio-therapeutic applications, rehabilitation applications, massage, acupuncture

Passive Usage

- desk work, piano playing, all forms of massage, moving patients, asleep, walking, travelling



Your localIDOGO partner:



Orders, Books and Videos,
Education Centre:

IDOGO GbR

(Partnership under the Civil Code)

Grabenstr. 24c · D-71116 Gärtringen

Phone: +49 7034 - 260 34

Fax: +49 7034 - 204 43

info@idogo.com

www.idogo.com

Copyright Ping Liang Tjoa

The IDOGO Effect



You can use IDOGO as an independent training system or combined with other training or therapeutic elements. Whatever you chose the IDOGO effect will be to your advantage! Doctors, physiotherapists, patients, top athletes, professional dancers, Tai Chi- and Qi Gong Instructors all confirm this phenomenon. Even in passive usage – just holding the pole in one hand – you will experience the soothing IDOGO effect.

IDOGO

It promotes your health,
increases your performance
and reduces stress.

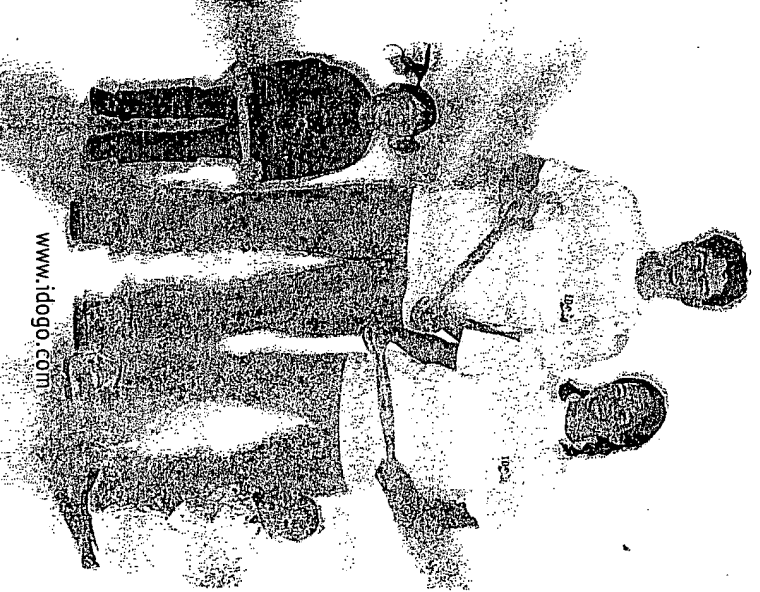
IDOGO®

The bridge between
traditional eastern knowledge
and western training methods

- Naturally balances posture and motion
- Corrects physiological strain
- Loosens muscular tension and spasms
- Improves coordination
- Intensifies muscle training
- Stimulates resilience and suppleness
- Tightens connective tissues and muscles
- Relaxes body and psyche
- Sets mind at ease
- Improves general well being
- Protects health
- Activates self-healing powers
- Removes meridian blocks
- Regulate Qi-Flows



- Optimizes respiratory capacity and endurance
- Increases mental and physical performance
- Increase resilience and endurance
- Improves concentration
- Supports recovery and healing process for orthopaedic and operated patients
- Reduces muscle strain for massaging therapists
- Expedites preventative physiotherapy and rehabilitation
- Prevents over stretching
- Stabilizes balance
- Eases spasms
- Alleviates asthma attacks and reduces recurrence
- Regulates blood pressure and calms the pulse
- Removes lymph blockage



www.idogo.com

IDOGO Put to Test

Users report their experience with the therapy appliance.

For about one year the 41 cm long wooden pole with its spherical ends has been in use in a variety of therapeutical areas.

Clinics for cardio-vascular rehabilitation, stroke, cancer, pulmonary disorders and psychosomatic patients have tested IDOGO. Independent therapists have applied the pole when treating spinal disorders and movement restrictions after fractures and operations. First experience reports are also available for Parkinson Syndrome, Child Hyperactivity and Autism.

The developer of this small wooden pole, Ping Liong Tjoa, was the manager of several Tai Chi Training Centres in southern Germany.

His intention was to develop a device which would combine the recognized effects of oriental Qi Gong with western training and therapy methods.

The perceived disadvantage of the oriental 'motion arts' is the length of training required before noticeable positive results can be achieved. This led to low acceptance of oriental knowledge and experience and lack of integration in western therapy methods.

Only daily and continuous exercises over a long period of time stimulate positive results, thereby discouraging not only the patients. Cost pressures in the clinics and for freelance therapists are also an important factor when choosing therapy methods and training appliances.

This is where IDOGO builds a bridge between east and west. Short practice times and versatile application combines oriental experience with western therapy methods. It simplifies physiotherapy activities for both therapist and patient and shortens the healing process. The advantage is that IDOGO can be easily integrated into any existing forms of therapy. It can be used in all positions, lying down, sitting and standing up, which is especially helpful for physically restricted patients. It covers a broad spectrum of possible applications for many different symptoms and allows the patient to exercise independently and expedites the healing process.

Application with Stroke and Parkinson Patients

Barbara Michalski, President of the Berlin and Brandenburg State VPT Association has, been working with IDOGO for more than year, treating orthopaedic, surgery, stroke and cancer patients and also treating bronchitis and asthma. In her experience stroke patients require support for their paralysed parts to even be able to start physiotherapeutic exercises. In addition to that problem, previous support, either with devices or by the therapist, did not ensure uniform movement. This applies additional strain.

IDOGO provides the right support and guidance and automatically leads to correct and symmetrical movement. In this case one end of the pole is fastened with tape to the paralysed hand and the other hand holds the opposite sphere. The patient can concentrate on the physical perception of the induced deeper movement. The therapist also experiences a relief of strain holding the patient and can concentrate on the actual treatment.

A decisive phenomena of the IDOGO Pole is that, no matter in what position it is used, it always ensures optimal posture, intensifies respiration and oxygen intake. This has positive influence on the physiotherapy treatment and the the patient's metabolism.

This experience is also confirmed by the Böblinger Rehabilitation Clinic. Almost a third of the patients are stroke patients with varying degrees of disability. There are also patients with hip fractures, Parkinson's disease, diabetes and polyneuropathy.

Head Physician, Dr. K.-M. Reinauer and his therapists see the main advantage of IDOGO in its ease of use in physiotherapy and the fast results achieved. With IDOGO the patient is more relaxed and loosens up. This is not only more efficient, but also more comfortable for the patient, which increases motivation. Stroke patients with typical perceptual disturbances regenerate noticeably faster. This is also true for Parkinson patients with disturbed perception. In this case the pole helps the therapist decide if a cognitive disorder exists. Occupational therapist Claudia Böhringer-Nowak describes the IDOGO Effect for hemiplegia and balance disorders as follows:

It stimulates the co-ordination of both hands, trains use of strength through slow movement

and a symmetrical self supporting posture and balance. This at first sitting down, then standing up and walking. The Pole increases vitality, endurance and vital capacity and increases the movement of the shoulders through co-ordinated arm movements, but protects from strain. Optimized and balanced arm movements reduce the danger of injuries to neck and shoulders.

Surgery and Orthopaedic Patients

This effect is also very noticeable after surgery. Large scars cause patients to be cautious and cramped because of painful scar tissue resulting in a restriction of their full movement radius. At the same time respiration is shallower and quite often the perception of how far movement can go is disturbed. These factors inhibit the healing process. All users confirm that IDOGO solves all of these problems, not only because of the optimized movements, improved respiration and oxygen intake, but also because IDOGO protects weakened parts from strain or pain. Improved respiration is a major factor repeatedly emphasized by the users. Deep and steady respiration guarantees that the patient is relaxed and can concentrate on the physiotherapy, and at the same time improve metabolism due to increased oxygen intake. The positive effects are also seen in treatment for all orthopaedic patients (e.g. HWS, WS, BWS, LWS, Lordosis of LWS, Scoliosis), surgery patients (e.g. mammo, pulmonary), and patients with endoprosthesis.

Respiratory Disorders, Asthma, Bronchitis

Relaxed and deep respiration in combination with optimal movement sequences is fundamental to the healing process.

Especially in treatment of respiratory disorders like asthma and bronchitis or after pulmonary surgery the patients benefit from an increased oxygen intake and optimized pulmonary function. Phlegm is more easily removed without the usual pain.

Physiotherapists also note that fear of painful coughing fits is noticeably relieved, because the patients now concentrate on the Pole and not on the cough itself. In the Pulmonary Clinic in Stuttgart experience shows that during prophylactic therapies for thorax mobilization, the patients perform uniform, co-ordinated and softer exercises and are consequently more relaxed with deeper respiration.

Hypertension, Hyperactivity and Autism

The IDOGO pole stimulates a new direction in perception for hyperactivity and autism. Some experience of treatment with children in this area has been reported. In these cases the IDOGO pole was not used for movement sequences, but only held by the two spheres in the hands. Experience shows that these patients with typical concentration disorders improve, as the pole focusses

attention and is calmative. Even energy thrusts or physical overreactions in autistic patients, often expressed in biting or palpitation, can be relieved by holding the pole in both hands. Simply turning the two IDOGO poles in the hands has shown positive effects on hypertension patients. Carmen Lienert and Hans Rapp of the Rehabilitation Clinic in Böblingen confirm that IDOGO can regulate high blood pressure without medication. Test with a group of patients using the IDOGO Pole confirm the same results as patients with medication treatment. Comparable experience has also been reported by other physiotherapists.

In summary, after one year of experience with IDOGO in practice, we can conclude that the Pole has been successfully applied in various therapeutical areas and that patients and therapists equally benefit from its unlimited applications.

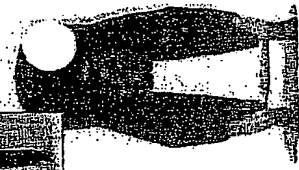
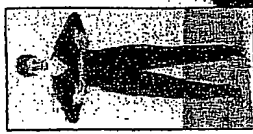
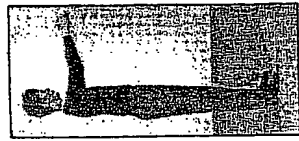
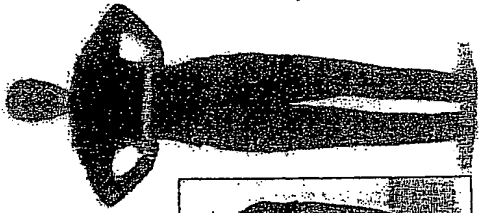
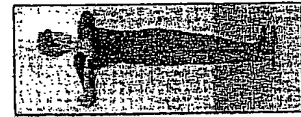
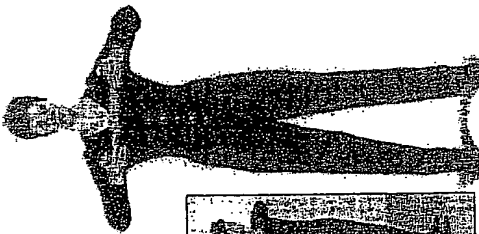
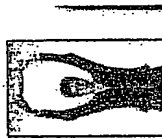
Contact for further information and introductory courses is Mr. Ping Liong Tjoa. Address: Ping Liong Tjoa, Grabenstr. 24c, 71116 Gärtringen, www.idogo.de; Tel: 07034/ 26034, Fax: 07034/ 20443, e-mail: info@idogo.de

Everyday
everywhere

AT HOME, AT WORK OR WHILE TRAVELING
IN 5 MINUTES YOU ARE FIT...



FOR YOUNG AND
OLD



Exercise 1

Stand shoulder wide

Take the IDOGO with both hands - between thumb and forefinger - being turned outward, move the arms forward up over the head, lower your elbows to bring the IDOGO behind the head. Move the IDOGO upward over the head again.

Exercise 2

Stand shoulder wide

During this exercise you're always looking straight forward! Hold the IDOGO in your hands with rounded arms in the height of your shoulders. Now swing slowly to the right and return to the starting position. Now you swing slowly to the left and return to the starting position.

Exercise 3

Stand with closed feet

Standing on flat feet, you move the IDOGO upward near your back as far as possible. Now turn the IDOGO, push downward by standing on your toes. Turn the IDOGO again and pull it upward near your back again, by standing on your flat feet again.

Exercise 4

Stand shoulder wide

Raise the IDOGO with both hands close to your shoulder. Now turn the IDOGO outward and push it forward with both arms by turning your head to the right as far as possible (looking over your shoulder). Turn the IDOGO forward, pull it toward your shoulders and repeat the movement to the left side.

Exercise 5

Stand shoulder wide

During this exercise stand with straight legs. Holding the IDOGO between your arms close to you, push your breast. Then back to push it down to your body and legs. Then turn the IDOGO move it upward against your body and along to the starting position.

If you can practice one exercise, because you don't have enough time, the adequate time for one. at each exercise 6 use every movement y and intensive.

IDOGO in the rehabilitation

Michael Zeller, head of the physiological department at the sport clinic in Stuttgart Bad Cannstatt describes the efficiency of IDOGO as exercise medium in single and group therapeutic usage.

*Training of tactile stimulation of the palms
(Mechanoreceptors)*

Improving the motional coordination

Correction / schooling of evasion and movements

Stabilizing and straighten of muscles groups in the area of trunk and spine

Deepening of breathing

For some time we use the IDOGO-stick in our rehabilitation centre especially in the treatment of injuries and after operations in the shoulder zone

Also in the treatment of patients having problems with their back and/or posture there are various possibilities of use

Jogging and Walking with IDOGO

Jogging/Walking IDOGO is just easily held with both hands like raw eggs not to be pressed, pushed or to be touched too much.

During jogging/walking the IDOGO-stick moves rhythmically in front of the body. Through the economic coordination of the arms' motion a deeper and more relaxing breathing is achieved reducing thus the strain for the body during jogging/walking.

With IDOGO you'll never be out of breath

Olympic participant for medium distance race Joachim Dehmel advances as follows about the positive effects of IDOGO with running.

- *Unconventional, running movements controlled by the stick*
- *Internal calm*

During training:

- *Strengthening and stretching excersises becomes more effective*
- *Running training becomes more intensive*
- *As IDOGO is used as supporting element more stability of the whole system*
- *Loose and relaxed feeling*
- *Movements of arms and shoulders being controlled and harmonic*
- *Relaxed breathing*

IDOGO-exercises can be executed by young and old

The principle of the IDOGO-system is to gain energy by optimized breathing, resulting in a self-bearing and relaxed posture and way of movement.

The IDOGO-System has an positive effect on efficiency ,among others cause the coordination of motion in the area of breast and shoulders and therefor also the motion of the breathing muscles is improved.

Through the coordinated movements of the arms the blood vessels are opened and the working muscles are provided with oxygen

For this reasons the practiser does not get tired all too soon and is able to execute his training more effective and focused. The IDOGO-system can be integrated easily into different western training methods. Physiological exercises, fitness trainings, jogging, gymnastics, dancing relaxing exercises, competitive training there are no limits in the application areas. Through the way of effects of the IDOGO-training efficiency is almost in every areas improved. In this context IDOGO can be executed as additional method integrated in an existing training as well as an independent exercise IDOGO Tai Chi or as IDOGO Chi Kung

Only 5 Minutes ...

All IDOGO-exercises on the poster relaxes the muscles at your daily work, at home or on the journey.

Every exercise can be executed on one's standing as well as seated.

Static IDOGO Chi Kung exercises

These exercises relax shoulders, breast and spine and loosen the breath

Principally the exercises can be practised in a standing as well as in a sitting position.

The posture of the trunk in the sitting position is the same as in the standing position.

The basic posture with exercises in standing position is as follows:

Knee lightly bowed, the spine straight and the IDOGO stick easily in your hands . The IDOGO is easily laid in the opened hands and is at the body below the navel.

IDOGO means "I Do Go"

Target of developing the IDOGO training system was to utilize the positive effects of practising the traditional tai chi chuan also for others.

To make the same effects possible as after long-lasting practising of Tai Chi Chuan a special stick was developed.

With this IDOGO-Stick people can now utilize the principles and effects of the traditional asian arts of motion.

IDOGO means literally "I DO GO"

IDOGO - *Bridge between Eastern tradition and Western training methods*

More vital energy

**....WITH ENERGY BY OPTIMIZED BREATHING. THE
SYSTEM OF IDOGO-TRAINING AND THE SPECIAL
IDOGO-STICK WAS DEVELOPED IN MORE THAN A
10 YEAR LASTING RESEARCH BY PING LIONG
TJOA, HEAD OF SEVERAL TAI CHI CHUAN AND CHI
KUNG SCHOOLS IN SOUTHERN GERMANY**

Working with different educational groups of the Tai Chi School has been the basic of the research.

Unending experiments, along which innumerable forms and sizes of the stick have been varied have resulted finally in the present standard model.

Already during the first experiments in the physiological treatments spontaneous improvements with the patients have been revealed.

Even athletes trained during these experiments with the IDOGO system, which according to the athlete's reports have been participating in the ability of future wins by an increase efficiency

More efficiency with IDOGO

This philosophy is like a red thread leading through the entire IDOGO-training system which can be made use

in therapeutic gymnastics, in popular and professional sports as well as in relaxing and meditations exercises

REHABILITATION AND
PREVENTION

CHI-KUNG
(Qigong)

GYMNASICS FOR WORK
AND LEISURE

TATCH
TAPID

YOGA AND THE WAY

SPORT AND
FITNESS

IDOGO

JOGGING AND WALKING

AEROBIC AND DANCING

The IDOGO-training system

IDOGO is a completely new training system to improve your efficiency of kinetic exercises. In contrast to the customary condition training the raise in efficiency does not results in accustoming the body continuously to higher and higher limits, but bases on the fact that due to a economic way of moving and breathing the body is able to bear the appearing strains more easily.

The focus of the IDOGO-training system is a special stick through which breathing is essentially optimised. The great advantage and innovation of IDOGO is, everybody who is practising the IDOGO can feel the improve in his efficiency already after a short while

U.S. Pat. Appl. 09/319,243

RELATED PROCEEDINGS APPENDIX

There is no related proceeding being relied upon.

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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re Application of)
Ping Liong TJOA) Art Unit: 3764
Appln. No. : 09/319,243) Ex: L. Hamilton
Filed : June 7, 1999)
For : TRAINING APPARATUS)

DECLARATION UNDER 37 CFR 1.132


Assistant Commissioner for Patents
Washington, D.C. 20231

Sir:

I, Karl-Michael Reinauer, declare the following:

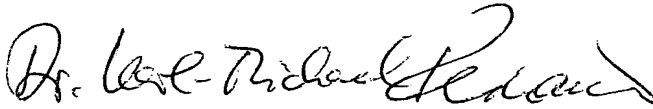
1. I received my Doctor of Medicine degree from the University of Tübingen in 1983.
2. I became registered as an internist in 1989 and became academic chief in the Diabetics Department in 1991 at the University of Tübingen
3. In 1994 I served as chief physician in charge of the Geriatrics Department at the Sindelfingen City hospital
4. In 1996 I continued my education in clinical geriatrics in the field of internal medicine, and in 1997 I was named chief of the Geriatric Rehabilitation Clinic in

Böblingen.

5. In 1999 I received certification in the field of physical therapy.
6. During the periods noted above, I have been engaged in active research in the diabetic field and taught in this field as well. ^{Chair} Presently, I ~~am~~ a member of the Board and press secretary for the Study Group for Diabetology in the German state of Baden-Württemberg. 
7. In my work at the Bölingen Rehabilitation Clinic I have had the opportunity to work with IDOGO for treating patients. Almost a third of the patients are stroke patients with varying degrees of disability. There are also with hip fractures, Parkinson's disease, diabetes and polyneuropathy. With these patients I see the main advantage of IDOGO in its ease of use in physiotherapy and the fast results achieved. With IGOGO the patient is more relaxed and loosens up. This is not only more efficient, but also more comfortable the patient, which increases motivation. Stroke patients with typical perceptual disturbances regenerate noticeably faster. This is also true for Parkinson patients with disturbed perception. The pole helps the therapist decide if a cognitive disorder exists
8. I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false

statements and the like so made are punishable by fine or imprisonment, or both,
under Section 1001 of Title 18 of the United States Code and that such willful false
statements may jeopardize the validity of the application or any patent issued
thereon.

Date: January 17th 2003


Dr. Karl-Michael Reinauer



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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DECLARATION UNDER 37 CFR 1.132

Assistant Commissioner for Patents
Washington, D.C. 20231

Sir:

I, Barbara Michalski, declare the following:

1. I am president of the Berlin and Brandenburg, Germany, state physical therapist association known as the VPT Association.
2. I started my training as a physical therapist in 1961 as an intern and received my diploma in physical therapy from the Medical College of Charité.
3. From 1964 to 1966, I practiced physical therapy in the emergency department of the Medical College of Charité.

4. From 1966 to 1975, I practiced physical therapy in the orthopedic department of the Medical College of Charité, specializing for spinal diseases and quadriplegics.
5. While practicing in the orthopedic department of the Medical College of Charité, I was assigned to establish the No. 1 Polyclinic in Berlin to train physical therapists.
6. From 1975 to present, I have continued in my practice of physical therapy while moving also into the management of the professional association for physical therapy, resulting in the presidency noted above.
7. For several years now, I have been working with IDOGO for treating orthopedic, surgery, stroke and cancer patients, as well as patients with bronchitis and asthma. In my experience, I have found that stroke patients require support for their paralyzed parts to even be able to start physiotherapeutic exercises. In addition, support with devices or by the therapist does not ensure uniform movement, applying instead additional strain. I have found that IDOGO provides the right support and guidance and automatically leads to correct and symmetrical movement.
8. I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both,

under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Date: 17.1.03

Barbara Michalski
Barbara Michalski